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BOOK REVIEWS

FOOD FOR THE SICK. By Solomon Strouse, M.D. Associate Attending Physician, The Michael Reese Hospital, Chicago, and Maude A. Perry Dietitian at the Michael Reese Hospital, Chicago. W. B. Saunders Company, Philadelphia. Price, \$1.50.

There are many books on food and the preparation of food for the sick. In this volume, however, we have an old subject presented in a new way. The authors not only give excellent menus but, in an attractive way, the reason for the diet is explained, so that anyone may intelligently follow the instructions. Those diseases in which food plays an important part are discussed in such a way as to make plain the reasons for the dietary rules which follow. First is a brief chapter on Food and Its Uses. This is followed by chapters on Diabetes Mellitus, Gout, Diseases of the Kidneys, Heart, Stomach, Intestines, Liver, Spine, etc. It would seem to be a book useful to many, especially to the patient who is instructed in the details of the disease; the relation of articles of diet to various effects; with enough of the fundamental science to at least partially control his own case. There are no recipes, but balanced nutritious and extensive diet lists, covering a period of days and weeks.

A TEXT-BOOK OF MATERIA MEDICA FOR NURSES. By George P. Paul, M.D., C.P.H. (Harvard), State Director, International Health Board, Rockefeller Foundation. Third Edition. W. B. Saunders Company, Philadelphia. Price, \$1.50.

Dr. Paul's former books are so well known that but little need be said regarding this third revision of the *Materia Medica for Nurses*. The whole text has been reviewed and many alterations made. Considerable new material has been added and the drug strengths have been corrected to conform to the changes in the last United States Pharmacopoeia. We bespeak for this book a usefulness commensurate with the present day need of a text thoroughly reliable and dependable.

OBSTETRICS FOR NURSES. By Charles B. Reid, M.D., Obstetrician to Wesley Memorial Hospital, Chicago. 130 illustrations. C. V. Mosby Company, St. Louis.

The nursing profession to-day is made up of a body of women scientifically trained in the prophylactic as well as remedial measures for the benefit of mankind. The nurse is an educated woman who is expected to assist the physician with understanding and intelligence. The author says in his preface: "To be a capable and intelligent assistant it is not sufficient to have a clear comprehension of her particular duties, but she must have a defined and critical conception of what the doctor is aiming

to accomplish. She must strive unremittingly to understand the complicated processes that take place under her observation." In this book, which Dr. Reid presents because "none of the existent books seem to exhibit the fulness of information" needed, the text is simple and primary. Constantly reiterated is the admonition to the nurse for surgical cleanliness. The list of supplies needed for labor includes articles not often obtainable in a private home; while the list of linen for sterilization is excessive. The tabulated orders for special conditions and the concise forms for observing and recognizing certain symptoms and conditions can be readily comprehended. The chapter on infant feeding, an important part of the nurse's duties, falls far short of a workable text. The author's apology for a new book on this subject is that he wishes to have a book presenting the matter in his own way.

A TEXT-BOOK OF ANATOMY FOR NURSES. By William Gay Christian, M.D., Professor of Anatomy, Medical College of Virginia, Richmond. Thirty-four original illustrations. C. V. Mosby Company, St. Louis.

This text book claims our attention and is at once favorably listed among the many because of the dedication: "Dedicated to the memory of Edith Cavell, who died for her friends." The text is clear, concise and comprehensive, a book well adapted to the class room for use with laboratory instruction and outside references. The illustrations are well drawn and useful and are especially attractive to nurses because drawn by Helen Lorraine.

Books received for review: From the Macmillan Company, New York: The Modern Milk Problem, J. Scott MacNutt, price, \$2; My Birth, Armenouhie T. Lamson, price, \$1.25; Anatomy and Physiology for Nurses, Percy M. Dawson, M.D., price, \$1.75; Elements of Pediatrics, Rowland Godfrey Freeman, M.D., price, \$2; The Principles of Mental Hygiene, William A. White, M.D., price, \$2; The Mastery of Nervousness, Robert S. Carroll, M.D. From P. Blakiston's Son & Company, Philadelphia: Massage, James B. Mennel, M.D., price, \$3; Surgical Nursing in War, Elizabeth R. Bundy, M.D., price, 75 cents. From G. P. Putnam's Sons, New York: A Dietary Computer, Amy Elizabeth Pope, price, \$1.25; A Text Book of War Nursing, Violetta Thurstan, price, \$1.50. From The Vir Publishing Company, Philadelphia: God's Minute, a Book of Daily Prayers, price, 50 cents; With the Children on Sundays, Sylvanus Stall, price, \$1.50. From Reed & Witting Company, Pittsburgh: Massage, An Elementary Text-Book for Nurses, Nellie Elizabeth Macafee, price, 50 cents.